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Ottawa eyeing water retrofits

SANITATION

**Program to clog up
backflow would cost
the city \$3M upfront**



**Lucy
Scholey**
Metro | Ottawa

Already facing tens of millions of dollars in budget pressures over the next three years, the City of Ottawa is now considering paying more to prevent backflow from seeping into the city's drinking water.

The city's environment committee approved a plan to retrofit public and private buildings with special devices to protect potable water from contamination.

The city would shell out \$3 million to bring its buildings up to standard, plus an annual operating cost of \$250,000 a year.

Apart from public facilities, the pro-

gram would affect more than 13,000 properties.

Commercial and manufacturing properties as well as hospitals, schools and universities are among those who may have to fork over anywhere between \$500 and \$20,000 for the retrofits. Low-density residences are not on the list.

River Coun. Riley Brockington said the added costs could result in a "triple whammy" for taxpayers — water rate hikes, property tax increases and now this.

Rideau-Goulbourn Coun. Scott Moffatt hammered city staff about why they did not address this problem back in 2008, when council approved a similar program.

"We're actually asking departments to find savings," he said after the meeting.

"You're coming back with a program that costs money — ongoing operating costs and capital costs."

The city faces \$36.3 million in net budget pressures next year, \$23.4 million in 2017 and \$24.2 million in 2018.

The backflow-prevention program would start in 2017 and be phased in over five years.

13K

**Number of private
properties that
would be impacted
by the plan.**

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Parties fight over small-biz tax

 **ELECTION 2015**
NDP, Grits and Greens debate city issues

Emma Jackson
Metro | Ottawa

With an empty podium standing in for the Conservatives at a municipal issues debate on Monday, it was not so much if Canada's three progressive parties would support the city's priorities, but how.

Ottawa Mayor Jim Watson invited candidates from the four federal parties to discuss local issues like transit, afford-

able housing and tourism at a debate at city hall. Liberal candidate Catherine McKenna, the NDP's Emilie Taman and Green veteran Jean-Luc Cooke all accepted, but the Conservatives said none of their eight Ottawa candidates were available.

Instead the three progressive candidates were left to squabble over the details.

They agreed that greater investments in affordable housing are urgently needed, they agreed the National Capital Commission should better consult with Ottawa residents and support local representation, and that transit infrastructure must be better supported federally.

However, there were differ-


We need to be creating new jobs here in Ottawa.
Catherine McKenna

ences in approach. McKenna and Taman disagreed on how to promote entrepreneurship, for example.

The NDP candidate proposed cutting taxes for small businesses and raising them for large corporations, while McKenna said that would drive business out.

"We need to be creating new jobs here in Ottawa because we know businesses are struggling,

individuals are struggling," said McKenna.

The question-and-answer debate largely mirrored the questionnaire Watson sent out earlier in September.

That derailed when several residents asked hockey-related questions via video link. The candidates had little to say about an outdoor NHL game in 2017, but they were more vocal about the proposition of a new Ottawa Senators arena at LeBreton Flats.

They agreed the downtown lands must be public and inclusive, but Cooke warned pursuing a public-private agreement is a bad deal for taxpayers. He said he preferred to see the Flats remain open green space.



NDP candidate Emilie Taman, Liberal candidate Catherine McKenna and Green candidate Jean-Luc Cooke faced off at city hall on Monday. No Conservative candidate accepted an invitation to participate. EMMA JACKSON/METRO

WHERE THE CANDIDATES STAND

Mayor Jim Watson wants to put municipal issues front and centre this election, whether that's through funding commitments for affordable housing and transit, or a plan to deal with Canada's aging city infrastructure. So where do the major parties stand on these issues? Watson sent a survey to find out. **EMMA JACKSON** METRO



Transit

What the city wants: For the parties to honour the government's \$1-billion commitment for Ottawa's stage two light-rail project, and new support for a \$155 million airport link.

Conservatives: They've already committed to the LRT project, and they "look forward to receiving" the city's formal airport link proposal.

Greens: They will honour the commitment, support an airport link and create a national transit strategy.

Liberals: They will quadruple transit investment over the next decade, on top of existing federal funding programs.

NDP: They will honour the \$1-billion commitment in Ottawa, and add \$1.3 billion for transit funding across Canada every year.



Housing

What the city wants: A national strategy and commitment to renewed federal subsidies.

Conservatives: The Investment in Affordable Housing program has helped 218,000 households since 2011. They're also "working with provinces and territories" to create more solutions.

Greens: They support a housing-first approach to end homelessness, including plans for seniors and First Nations communities. They also support long-term federal funding for affordable housing.

Liberals: They will create a national strategy and prioritize investment in affordable housing and seniors' homes as part of a \$20-billion investment.

NDP: They will make housing a legal right, implement a national housing strategy and invest \$2 billion in social housing and co-ops by 2020.



NCC

What the city wants: A city official on the board and a new location for the controversial Victims of Communism memorial.

Conservatives: "We always welcome suggestions for appointments to the board of directors." But the memorial is staying put beside the Supreme Court.

Greens: The National Capital Commission should be working for the benefit of residents, not partisan ideals. The memorial location should be moved.

Liberals: They support municipal representation on the board of directors and feel the memorial location is "not ideal," and will work to find a new spot.

NDP: They support having Ottawa and Gatineau mayors on the board, and are "strongly opposed to the memorial as currently planned." They want full public consultations before the next step.



City-building

What the city wants: A long-term federal investment program to fix aging local infrastructure and create jobs.

Conservatives: The gas tax fund is already serving this purpose, as is the \$53-billion New Building Canada Plan for 2014-2024.

Greens: On top of the current gas tax funds, they will dedicate one per cent of national GDP to municipal infrastructure, and would create an Infrastructure Bank to provide low-interest loans.

Liberals: They will nearly double infrastructure investment to \$125-billion over the next decade, frontloading investment in the next two years as a "down payment" on the plan.

NDP: They'll start by investing one cent more from the gas tax in municipal infrastructure, ramping up to an extra \$1.5-billion invested annually.



Child care

What the city wants: Long-term federal funding commitments so more families can access affordable child care.

Conservatives: They have increased the Universal Child Care Benefit for all families, allowing parents to decide how and when they access child care.

Greens: They will phase out the child-care benefit in favour of creating more regulated, affordable child-care spaces. Employers who create workplace child-care spaces would get a tax break.

Liberals: They will work with provinces and territories to improve access to existing models, and will create a new Canada Child Benefit for low-income families.

NDP: They will create one million \$15-a-day child-care spaces across the country.

Conservative strategy comes under scrutiny

 ELECTION 2015

Candidates have skipped a number of Ottawa events



Michael Woods
Metro | Ottawa

The Conservative party's no-show to Monday night's federal election debate at city hall was hardly the first time the Tories missed an all-candidates meeting.

Many Conservative candidates have attended all-candidates meetings to be grilled by voters and face off against their opponents. Ottawa-area candidates alone have attended "dozens," Carleton Tory candidate Pierre Poilievre said last week.

However, in Ottawa, Tories also have skipped such meetings more often than other candidates. Survey the country and you'll find more stories about Tory absences from such debates than from other parties.

A Conservative party spokeswoman said there's no party strategy on local debate attendance. Spokeswoman Meagan Murdoch also emailed a list of several Liberal and NDP candidates who missed all-candidates meetings or debates, including NDP candidate Olivia Chow skipping a Sept. 14 debate in her riding.

In August, the Toronto Star reported, citing a Conservative insider, that Tory candidates have been advised to avoid all-candidates' meetings during the campaign.

Organizers of all-candidates



Conservative Pierre Poilievre speaks to reporters at the mayor's office in late August. Poilievre says Tory candidates are focusing on knocking on doors right now. MICHAEL WOODS/METRO

debates sometimes don't take kindly to being snubbed. In Orléans, the National Association of Federal Retirees left an empty chair on the stage to represent Conservative incumbent Royal Galipeau when he did not attend.

In Winnipeg South Centre, Conservative incumbent Joyce Bateman skipped a debate last week and was replaced by a rubber chicken.

But all-candidates debates aren't necessarily all they're

cracked up to be.

Skipping some debates is a risk-management strategy on the Tories' part, said Conservative strategist Tim Powers, vice-chairman of Summa Strategies not working on the current campaign.


The calculation: better to take the heat for not showing up than participate and make a mistake that becomes a distraction.

"Debates can be places where inexperienced politicians get

themselves in trouble, or experienced politicians — thinking there isn't as much attention — reach too far and find themselves having to clean up messes."

All-candidates debates also aren't necessarily the best way to win over undecided voters; often, crowd members are simply there to cheer on a particular candidate.

"I think (the Tories) do take the view that people who show

 **It's a calculated strategy that they're going to get into less trouble by not being there.**

Caroline Andrew

up at these debates already have their minds made up," Powers said. "I think they look and say the aggregation value of the debates versus the time spent out doing direct contact is not comparable."

It isn't just the debate itself that takes time; it's all the necessary preparation for candidates. For first-time candidates, it can take a while.

"You don't want to go in there and make a mistake, so that means you need to do your homework," he said. "When you're doing that prep work, you're not connecting with voters."

Political science professor Caroline Andrew, director of the University of Ottawa's Centre on Governance, said whether it helps or hurts the candidate depends on how much publicity is devoted to their absence. It also depends on the riding.

"I think it may be harmful to some local candidates and not at all to others," she said.

"It's a calculated strategy that they're going to get into less trouble by not being there. ... Their idea is that people who don't support them, don't support them, and if they can get their message out to their supporters directly, that's a better strategy."

ANALYSIS

Medium is the message



Luke Simcoe
Metro | Toronto

If you want to hear from your local Conservative candidate, you'll have to head to Costco. Or maybe Twitter.

Compared to other parties, Conservative hopefuls in this election are less likely to be found in the pages of the paper. In one extreme case, Conservative candidate Joe Daniel — running in Toronto's Don Valley North — said he wouldn't be doing any media interviews until after the election on Oct. 19.

While critics have called the Conservatives' approach "undemocratic," Concordia University professor Fenwick McKelvey says it's part of a strategy that eschews traditional media outlets in favour of "micro targeting," Twitter posts and wedge politics.

"Elections are increasingly decided on micro targeting. You're no longer trying to eke out a plurality; it's about winning certain ridings," he said.

Even at the national level, Prime Minister Stephen Harper has largely avoided the established media during the campaign, McKelvey said. However, the Conservative leader has granted interviews to publications like Today's Parent and Costco's in-store magazine — as well as Metro.

McKelvey said the Conservatives have used "wedge issues" like the niqab ban to garner news coverage in major outlets, even though they're not appearing in them directly.

"If you set the agenda, then certainly other issues — like maybe ones the Conservatives don't want to be talking about — aren't coming up," he said.



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I Think My Boyfriend Should Have an Accent plays Thursday to Saturday at the Arts Court Theatre. CONTRIBUTED

Encore! Fringe hits are back

PERFORMANCES

Alluring pair of handpicked plays running at Arts Court



Trevor Greenway
Metro | Ottawa

Patrick Gauthier doesn't like using words like "alternative" or "avant-garde" when describing shows at his Ottawa Fringe festival, but that doesn't mean this weekend's Fringe Encore will be mainstream hubbub you can find at any theatre.

Quite the opposite, actually. The two hand-picked shows running this weekend are what Gauthier calls the

perfect performances that encompass the allure of the fringe movement: engaging, intimate theatre chock-full of personal tales told by the best of storytellers. It's like sharing your great grandpa's fantastic fables with 100 or so curious others.

"For someone who hasn't been to the Fringe Festival before, these are two shows that give a really nice flavor of what the Fringe can be," says Gauthier, the festival's director.

"It's hard to do that because the Fringe is so varied. This year, we had comedy and dance and drama and musicals, so it's hard to really pick something that could really distill it. But these two shows give a good sense of the style of Fringe shows and what Fringe shows can be."

Take Emily Pearlman's *I*

+ SHOWTIMES

I Think My Boyfriend Should Have an Accent

Thursday: 7 p.m.
Friday: 9 p.m.
Saturday: 7 p.m.
Where: Arts Court Theatre

I Think My Boyfriend Should Have an Accent, playing Thursday, Friday and Saturday at the Arts Court Theatre.

The show is a collection of personal tales crafted incredibly well by one of the best storytellers in the biz.

Her cadence always hits the perfect mark, whether she is pulling for a river of tears, a gaping smile, sneers, snickers or sobs — she does it all with an unforgiving sense of well-timed humour. You won't find much bad taste in this show.

Moonlight After Midnight

Thursday: 9 p.m.
Friday: 7 p.m.
Saturday: 9 p.m.
Where: Arts Court Theatre

"They are really great stories, and it's a communal experience," adds Gauthier.

"You're sitting in a room with 100 other people and you are sharing this experience that only you will have. The show will happen another night, but it will be a different audience and the performance might be a bit different."

Martin Dockery's *Moonlight After Midnight* boasts much of the same intimacy but relies heavily on lan-

guage, style and form, as the 60-minute show is just Dockery and his wife Vanessa Quesnelle charading out poignant moments of a relationship in a hotel room at midnight.

It doesn't get any more intimate than watching two lovers tear apart the many sweet and sour layers of their relationship. Dockery makes us all privy to what happens behind closed doors, and it's mesmerizing. Gauthier said Dockery's show hinges on every single word he uses.

"His use of language is really interesting. There is no set, no props; it's just the two performers and the audience," adds Gauthier.

"There is really that intimacy and that connection between performers and the audience. Both these shows really achieve that; there is

really a great connection between the performers and the people who are sitting there watching.

"At the heart of a lot of successful Fringe shows is that strong relationship."

Both shows had sold-out runs in Ottawa in 2015 and 2014, respectively, and with many showgoers being turned down at the door, this weekend's encore is a chance for them to finally see the shows — and likely a rare chance for those who were there to see them again.

Gauthier said they have had smaller, returning Fringe shows in the past, but this is the first year they are formalizing Fringe Encore. He said it will be a staple every year moving forward.

Tickets for both shows are \$30 (evening pass) or \$18 for a single show.

City aims to halt needles in garbage



Staff say one or two collectors are poked by discarded items every year. CONTRIBUTED

COMMITTEE

Rule change an attempt to stop sharp objects entering trash



Lucy Scholey
Metro | Ottawa

It's not quite like finding a needle in a landfill — more like finding (and fining) the dirty syringe tosser.

The City of Ottawa may soon have grounds to sift through your garbage bag if they suspect you have discarded something harmful to its waste collectors.

But one councillor says it's a veiled attempt to ensure Ottawa residents are complying with garbage and green-bin rules.

On Monday, the city's environment committee approved amendments to the solid-waste bylaw that aims to prevent Ottawa residents from tossing things like syringes or sharp items.

It would also allow city em-

ployees to enter private property "at any reasonable time" to inspect your garbage.

But Capital Coun. David Chernushenko, chair of the environment committee, said staff would need to have "reasonable suspicion."

Garbage employees could not just go into any apartment building and start opening bags at random.

"If someone is putting dangerous materials in a bag, we need to identify who that is and tell them to stop," he said.

City staff said there are, on average, one to two cases of discarded needles poking waste-collection employees a year. On top of that, there are several cases of truck fires and chemical backsplashes on workers.

Staff say they could enforce fines on property owners if they do not comply with the

rules.

College Coun. Rick Chiarelli was the only dissenting vote on the bylaw amendment.

He said it's a way to hold Ottawa residents to the green-bin rules. "You're spending a lot of money to try to find one or two needles in a garbage-bag stack that is tens of millions of bags full," he said after the committee.

Chernushenko said the city does regular anonymous green-bin audits in which employees check trucks for organics but not individual green bins.

Other cities, like Markham, Ont., require clear plastic bags. Halifax enacted a similar rule earlier this year. However, both cities allow at least one black privacy bag.

The garbage-bylaw amendment must go to city council for final approval.



If someone is putting dangerous materials in a bag, we need to identify who that is and tell them to stop.

Coun. David Chernushenko

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Sears
Heating & Cooling

Indie rock stars band together

POLITICS

Hey Rosetta!, Yukon Blonde take on Tories in protest song



Michael Woods
Metro | Ottawa

Another day, another anti-Conservative protest song hits the Internet — this one performed by Canadian indie-rock darlings from opposite ends of the country.

Acclaimed indie bands Hey Rosetta! and Yukon Blonde have teamed up on Land I Love in an apparent effort to convince voters to cast a ballot against the Tories in two weeks.

"What have we lost, poisoned or crushed? What highest hopes were stolen from us?" sings Hey Rosetta! front-

man Tim Baker in the opening few seconds.

While Baker's lyrics don't specifically mention the Conservatives, the band's cellist Romesh Thavanathan holds up an "Anything But Conservative" sign at the end of the video. And the video description promotes votetogether.ca, a campaign devoted to defeating the Harper government.

"Now is the time/When a change has to come/For you to draw a line/And to fight for the land you love," the bands sing in the chorus.

The new song is the latest one criticizing the Harper government that has been released during this election campaign.

As noted by Torstar News Service last month, established Canadian artists have traditionally been less vocal than their American counterparts in the realm of political protest songs.

But that appears to be changing. Last week, Blue Rodeo released Stealin' All



What have we lost, poisoned or crushed? What highest hopes were stolen from us?

Land I Love song lyrics

my Dreams, an anti-Harper protest song complete with text explaining their lyrics.

And Ottawa scientist and "Harperman" protest songwriter Tony Turner has been a fixture of the city's folk music scene for years.

+ SHOW DATE

Hey Rosetta!, from St. John's, Nfld., and Yukon Blonde, from Kelowna, B.C., are playing a show together at the National Arts Centre on Nov. 22.



Tim Baker of Hey Rosetta! performs at the TURF music festival at Garrison Commons in Toronto in July 2014.

EMMA MCINTYRE/GETTY IMAGES

ELECTION 2015

Wynne challenges lack of Conservative leadership

Premier Kathleen Wynne is again lashing out at the federal Conservatives, saying they are out of ideas and out of touch.

In a lengthy speech to the Empire Club in Toronto, Wynne complained about a lack of national leadership on a host of issues ranging from climate change and infrastructure funding to Syrian refugees and pensions.

Without mentioning Prime Minister Stephen Harper by name, Wynne said Canadians deserve a government that is focused not simply on winning an election but on using its mandate to make a positive impact in people's lives and urged voters to elect Justin Trudeau's Liberals on Oct. 19.

Wynne insisted she would not be cowed by Harper's claim that he would do all he could to block federal government co-operation with the Ontario pension scheme.

THE CANADIAN PRESS

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The festival focuses on an 18-photo exhibition at Lansdowne Park. COURTESY TREE FEST OTTAWA

Tree festival branches out

INAUGURAL

Events will include artists, farmers, health professionals



Haley Ritchie
Metro | Ottawa

From the paper we write on to the desks we sit at to the shade on our walk home — in Ottawa, we're surrounded by trees all day but rarely think too hard about them.

The organizers of Ottawa's first Tree Festival, running until Friday, would like to change that.

"We take trees for granted," explained festival founder Christine Earnshaw. "People aren't educated, because we're not culturally focused on our natural history or the environment we live in. Our mission is to get this

topic into the public realm."

The festival includes a wide variety of events with tree experts, including a concert with a violin maker who specializes in sustainable wood. There are also artists involved, health professionals and farmers.

"They're perspectives on trees that we don't always consider," said Earnshaw.

The festival centres around a photo exhibition outside Lansdowne Park's horticultural building. Online the full photo essays at treefestottawa.org explore the trees in detail.

Other free events this week include a talk with botanist Diana Beresford-Kroeger and a seminar on edible fruits and nuts.

Owen Clarkin, one of the speakers in the festival, is a tree expert who advocates for planting native species through social media and blogging. On Friday he led a tree walk through the Glebe, identifying species and the history of the area.

IN BRIEF

Ottawa man charged with child luring, sexual assault

The Ottawa Police Sexual Assault and Child Abuse section laid charges against an Ottawa man after police received a report of a suspect allegedly luring teenaged children online.

Police say they received the tip on Oct. 1 and through the investigation learned that the man had made contact with one of the teens.

Adam Dufresne, 33, is charged with two counts each of sexual assault, sexual

interference and child luring.

He is also charged with three counts of breaching a Section 161 order. He is scheduled to appear in court on Monday. Investigators are concerned that there might be other victims.

Anyone with information is asked to contact the Ottawa Police Service Sexual Assault and Child Abuse Unit at 613-236-1222, ext. 5944. Anonymous tips can be submitted by calling Crime Stoppers at 613-233-8477 (TIPS).

JOE LOFARO/METRO

EDUCATION

School boards adjust to support staff strike

Support staff at Ottawa schools represented by the Ontario Secondary School Teachers' Federation began a work-to-rule strike Monday, leaving schools adapting to unlocked doors and no one to help set up special events.

The strike action by support staff — including custodians, office administrators and educational assistants — will impact security systems and special events at Ottawa-Carleton District Schools.

18,000

OSSTF represents around 18,000 support staff in Ontario schools, while the Canadian Union of Public Employees represents 55,000.

The board announced Friday that front doors will remain un-

locked at schools that usually use a secure buzzer system. Both the board and the union said it wouldn't have an effect on school safety.

More than half of the districts schools don't use buzzer systems; instead they leave their doors unlocked and require visitor sign-ins.

"We will monitor visitor entry similarly to our schools that don't have buzzer entries and we have signs up directing visitors to sign

in at the office," said Sharlene Hunter, the board's media relations officer.

Students will also not be called to the office during the school day over the PA system and staff will not providing assistance with the set up and tear down of special events.

"Support staff always feel like they're not recognized and being valued," said Cindy Dubue, provincial vice president of the OSSTF. HALEY RITCHIE/METRO

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READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about

Youth hold 'lot more power' to tip the scales



ROSEMARY WESTWOOD
in Halifax

Sasha Sears is in a dilemma. Her riding, Halifax, features an NDP incumbent, Megan Leslie, who "has done a really great job of being super integrated into the community. They're about the people, that's how I feel about the NDP."

But nationally, it's Justin Trudeau who seems the most compelling, who's "young, he has a young family, he's talking about really progressive issues, like legalizing marijuana, that a younger demographic gets and understands and feels is relevant to our life now-days."

Sears still views the NDP as tied to the interests of unions, which she says don't have much relevance to her life.

"The party hasn't really had an opportunity to prove themselves," she adds. "They're still finding their footing." And while the NDP is appealing to many young people, she's not sure if its young candidates have the experience to be successful if elected.

So, should Sears vote for a local candidate she likes, or an appealing federal platform?

So far, even though she's a traditional Liberal voter, she's unsure. But she won't be voting Conservative: "I just have no time for that party, whatsoever."

Sears, 30, works for a business development organization in Halifax. She helps young people build professional networks to find meaningful work, and so she has a front-row seat to watch university graduates try — and struggle — to get a good job.

"What are the parties planning on doing to help youth in particular?" she asks.

"Youth unemployment rate is double the national average. The cost of post-secondary education is through the roof for Nova Scotia," she says. "Just being saddled with so much debt and not having the promise of a bright future is something I'm worried about, and my vote will reflect."

Sears also recently bought her first house, while still paying off student loans herself. So the Green Party's promise to relieve student

debt is enticing. But there's a but.

"It sounds almost too good to be true," she says.

"I'm a little skeptical. It's wonderful they want to do that and promote that as one of their platform promises, but when it comes down to action around it, what does that look like? How is that going to happen? How are universities going to function if there's no tuition?"

Sears hasn't felt inundated by political messaging ("As a millennial, I don't have cable in my home, I don't see the attack ads") — but she is concerned that her compatriots aren't getting the message that they need to vote.

"I think we're at a tipping point in our history based on our previous leader and the party in power, and what is to come," she says. "I just really feel this election holds great importance. I think we have a lot more power than people think we do. If we were to all go out and vote, it would really change the political landscape."

Rosemary Westwood is travelling across the country talking to young voters. She'll be in Winnipeg tomorrow.



VOTER PROFILE

Name: Sasha Sears **Age:** 30 **Riding:** Halifax
Her issues: Youth employment and tuition reform.

Mock election makes the abstract real for teenagers

STUDENT VOTE

Program aims to inspire political awareness



Haley Ryan
Metro | Halifax

When Keshav Paliwal votes for a federal candidate next week, it won't count — and he couldn't be happier about it.

Paliwal, organizer of Prince Andrew High School's Student Vote event, one of more than 7,300 mock elections being held across Canada before the official count Oct. 19, said now is the time to get teens thinking about politics.

"I can't vote until January when I'm 18, but if we engage ourselves now and we engage

our peers before they can vote, chances are, over time, once they can ... they will," Paliwal, 17, said Monday.

As part of the Student Vote program run by the non-partisan Civix group, the Dartmouth, Nova Scotia, school will see all four federal candidates in its riding pitch their platforms to students before taking questions, as well as provincial MLAs, Halifax Mayor Mike Savage — and musician Joel Plaskett for extra attention.

Students will then drop ballots off in a mock vote, the results of which are often "very close" to election day, said political science teacher Tim Halman.

"For many people politics is something that happens on television and it's something that's abstract," Halman said.

"It's going to go from the abstract to the real."

According to Elections Can-



Students Keshav Paliwal, left, Robyn Laing, Matthew LeBlanc, all 17, pose with ballot boxes in Prince Andrew High School on Monday. HALEY RYAN/METRO

ada, only 39 per cent of the 18-24-year-old demographic voted in the last election, and the National Youth Survey Report showed "not interested in voting" came in as the biggest reason (28 per cent).

The survey said someone's likelihood of voting "increases with higher levels of knowledge and interest in politics," and civic education, as well as talking with family and friends can increase "the motivation

to vote."

"If you don't understand something, you're not going to interact with it; you tend to ignore it," Halman said.

NDP candidate Robert Chisholm said it's important for him to attend to emphasize voting as a responsibility.

"It's important for them to hear from people that are either engaged in the process or in some way leaders," Chisholm said.

"Maybe something will connect, something will instill a sense of desire for more knowledge."

According to Apathy is Boring, the non-partisan group aimed at youth, those who don't vote in the first two elections in which they're eligible are less likely to vote through their lives.

Robyn Laing and Matthew LeBlanc, who will also be on stage hosting the Student Vote event next Tuesday with Paliwal, said they hope the message of engagement means more coming from them.

"If a teacher gets up it just sounds like another class," LeBlanc said as Paliwal nodded.

Paliwal said he's hoping to hear questions on federal issues such as the Syrian refu-

gee crisis, environment, and economy.

"A democracy is only as strong as the people that are engaged in it," Paliwal said.

"If people are aware ... then the government's going to be making the choices we want made, and that's what it's about — it's about us."

Laing said before Halman asked her to help with the project, she had never thought about politics, or knew what the prime minister did.

"I tried to get my mom involved because she isn't into politics at all, so I got her voting," Laing said with a smile.

"She's like 'what are you talking about?' and I'm like, 'just sit there and listen so I can have someone to talk to about it.' It's interesting."

563,000

Number of ballots cast in the 2011 Student Vote



I'd like to be involved in who's making the decisions for Canada.

Robyn Laing



We have to show that we want things to be about us.

Keshav Paliwal



Conservative Leader Stephen Harper upstaged the other party leaders on Monday with what he claims to be "the largest economic partnership in the history of the world."

NATHAN DENETTE/THE CANADIAN PRESS

'Historic' deal made: Harper

ELECTION 2015

TPP partnership announcement evokes scrutiny from opposition

Stephen Harper's blockbuster trade deal upstaged Justin Trudeau's students and the stage and screen stars backstopping Tom Mulcair on Monday as the three main parties began their two-week sprint to the ballot box.

Mulcair, the NDP leader, had a stage full of television, music and film personalities — it even included a performance by the folk duo Whitehorse — all lined up for his announcement about helping artists.

Trudeau was all set to unveil a high-gloss campaign platform, a popular Liberal strategy, in front of a crowd of earnest university students eager to cheer his plan of expanded grants and easier loan repayment terms.

But the Pacific Rim depth

charge known as the Trans-Pacific Partnership blew them both out of the water.

"Today is a historic day," a prime ministerial Harper beamed during a news conference in Ottawa as he described the deal as nothing short of "the largest economic partnership in the history of the world."

Not everyone is enamoured of the deal: Held up by Harper as a model for future 21st-century trade agreements, Mulcair is committed to tearing it to pieces.

"I will not be bound by Stephen Harper's secret deals," he said.

Trudeau, unveiling the Liberal platform at Wilfrid Laurier University in Waterloo, Ont., parked his vote on the TPP until all the details are clear.

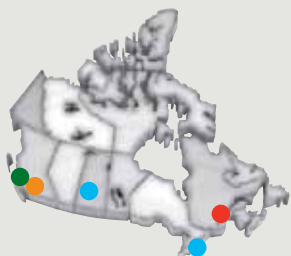
The federal government has offered no guarantees but expressed optimism the 12 countries involved might make it available before voting day in two weeks. THE CANADIAN PRESS



SEE PAGE 11 FOR MORE ON THE DEAL



WHERE THE LEADERS ARE TUESDAY



- **Stephen Harper** will be in Whitby, Ont., and Saskatoon, Sask.
- **Justin Trudeau** will be in Montreal.
- **Tom Mulcair** will be in Surrey, B.C.
- **Elizabeth May** will be in Vancouver.

COURT RULING

Feds lose appeal for stay on niqab case

A new court ruling means a devout Muslim woman who chooses to cover her face now has a chance to become a Canadian and vote in the Oct. 19 federal election.

The Federal Court of Appeal on Monday rejected a government request to put a recent decision in favour of Zunera Ishaq on hold while Ottawa seeks a hearing in the Supreme Court of Canada.

Appeal Justice Johanne Trudel dismissed the govern-

ment's application for a stay of a Sept. 15 decision that affirmed the unlawfulness of a federal rule prohibiting a niqab at a citizenship ceremony.

Ishaq, 29, came to Ontario from Pakistan in 2008. She refused to take part in a citizenship ceremony because she would have to show her face due to a December 2011 policy requiring candidates

who wear full or partial face coverings to remove them during recitation of the oath.

The Federal Court of Canada found the rule unlawful in February and the Court of Appeal recently upheld the decision. A three-judge panel ruled from the bench immediately after a hearing, saying they wanted Ishaq to obtain citizenship in time to vote.

On Monday, Trudel said

she could not agree to the federal request for a stay of the appeal court's mid-September ruling.

"I find that the appellant has not demonstrated that refusing his application for stay would result in irreparable harm to the public interest," she wrote.

"This suffices to dispose of the appellant's motion for stay."

THE CANADIAN PRESS

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Nobel in their effort

MEDICINE

Three win for fight against parasite-borne illnesses

The Nobel prize in medicine went Monday to three scientists hailed as “heroes in the truest sense of the word” for saving millions of lives with the creation of the world’s leading malaria-fighting drug and another that has nearly wiped out two devastating tropical diseases.

Tu Youyou — the first-ever Chinese medicine laureate — turned to ancient texts to produce artemisinin, a drug that is now the top treatment for malaria. Inspired by traditional Chinese medicine, Tu discovered while working on a project for the Chinese military that a compound from the worm-wood plant was highly effective against the malaria parasite.

She will share the eight-million Swedish kronor (about \$960,000 US) award with Japanese microbiologist Satoshi



Jan Andersson, Juleen Zierath and Hans Forssberg of the Karolinska Institute Nobel committee, talk to media in Stockholm on Monday. FREDRIK SANDBERG/TT VIA THE ASSOCIATED PRESS

Omura and William Campbell, an Irish-born U.S. scientist.

Omura and Campbell created the drug avermectin, whose derivatives have nearly rid the planet of river blindness and lymphatic filariasis, diseases caused by parasitic worms and

spread by mosquitos and flies.

In Stockholm, the Nobel committee said the winners, who are all in their 80s and made their breakthroughs in the 1970s and '80s, had given humankind powerful tools: “The consequences in terms of improved

human health and reduced suffering are immeasurable.”

The medicine award was the first Nobel Prize announced. Winners of the physics, chemistry and peace prizes are set to be announced later this week.

THE ASSOCIATED PRESS

SPACE

NASA looks to Navy for tips on isolation

As NASA contemplates a manned voyage to Mars and the effects missions deeper into space could have on astronauts, it’s tapping research from another outfit with experience sending people to the deep: the U.S. Navy submarine force.

The space agency is working with a military laboratory at the submarine base in Groton, Conn., to measure how teams cope with stress during month-long simulations of space flight.

Often isolated for long stretches, astronauts and submariners face many of the same challenges.

“We have a shared interest with the Navy in team resilience,” said Brandon Vessey, a scientist with NASA’s human research program.

The Navy research that piqued NASA’s interest started about five years ago when the Groton-based Naval Submarine Medical Research Laboratory, at the request of the submarine force, began examining ways to make tactical teams work together better.

Through observation of sub-

“

You can’t just call back to Earth for advice.

Former submarine commander Ronald Steed

marine crews, the Navy scientists developed a way to evaluate how teams are performing. The study singled out important team practices including dialogue, critical thinking and decision-making and developed a way to assess how teams respond to setbacks. The research was made available more than a year ago to submarines’ commanding officers but it has not yet been institutionalized by the Navy.

The experiment with NASA is expected to begin in January or February.

The space agency is taking a bigger interest in human-behaviour issues as it pursues the capability to send humans to an asteroid by 2025 and to Mars in the 2030s.

THE ASSOCIATED PRESS

REFUGEE CRISIS

Turkey’s president wants no-fly zone

Turkey’s president sought European backing on Monday for the creation of buffer and no-fly zones on the Syrian border, saying that such moves are key to ending the refugee crisis.

Turkey is hosting around two million refugees from the conflict in Syria, which began in 2011 following protests against President Bashar Assad’s government. Tens of thousands of others have entered the EU from Turkey this year, overwhelming border au-

thorities and reception centres.

“The root cause of the refugee crisis today is the war that has been taking place in Syria and the state-sponsored terror actions which have been carried out by Assad himself,” said Turkey’s President Recep Tayyip Erdogan.

He raised the issue of “a safe zone that would be protected from terrorism” and “a no-fly zone” in talks with senior European Union officials in Brussels. THE ASSOCIATED PRESS

IN BRIEF

I’ll return to U.S.: Snowden

Edward Snowden says he has offered to return to the United States and go to jail for leaking details of National Security Agency programs to intercept electronic-communications data on a vast scale.

The former NSA contractor flew to Moscow two years ago and faces U.S. charges that could land him in prison for up to 30 years. Snowden said he and his lawyers were waiting for U.S. officials “to call us back.” THE ASSOCIATED PRESS

Pistorius may stay in prison

Oscar Pistorius’ lawyer says a decision on the Olympic athlete’s early release from prison has been referred back to the parole board.

That could mean Pistorius remains in prison until after Nov. 3, when prosecutors still seeking a murder conviction appeal to South Africa’s Supreme Court.

Pistorius was acquitted of murder but found guilty of a lesser charge of culpable homicide for shooting Reeva Steenkamp in 2013. THE ASSOCIATED PRESS

HURRICANE JOAQUIN

Container ship lost with 33 on board

The captain of the 790-foot El Faro planned to bypass Hurricane Joaquin, but some kind of mechanical failure left the U.S. container ship with 33 people aboard helplessly — and tragically — adrift in the path of the powerful storm, the vessel’s owners say.

On Monday, four days after the ship vanished, the Coast Guard concluded it sank near the Bahamas in about 4,500 metres of water.

One unidentified body in a

survival suit was recovered, and the search went on for any trace of the other crew members. Survival suits help mariners float and stay warm. But even in warm water, hypothermia can set in quickly, Coast Guard Capt. Mark Fedor said.

He said the hurricane had winds of about 225 km/h and waves topping 50 feet. The ship, carrying cars and other products, had 28 crew members from the U.S. and five from Poland. THE ASSOCIATED PRESS

MEDICAL ETHICS

California moves to legalize suicide with prescribed drugs

California will become the fifth U.S. state to allow terminally ill patients to legally end their lives using doctor-prescribed drugs, Gov. Jerry Brown announced Monday he had signed the legislation.

Brown, a lifelong Catholic and former Jesuit seminarian, announced he signed the legislation after considering all opinions and discussing the issue with many people, including a Catholic bishop and two of Brown’s doctors.

“In the end, I was left to reflect on what I would want in the face of my own death,” the governor wrote in a signing statement that accompanied his signature on the legislation.

“I do not know what I would do if I were dying in prolonged and excruciating pain. I am certain, however, that it would be a comfort to be able to consider the options afforded by this bill.”

State lawmakers approved the bill on Sept. 11. A previ-

ous version failed this year despite the highly publicized case of Brittany Maynard, a 29-year-old California woman with brain cancer who moved to Oregon so she could legally end her life.

Opponents said the bill legalizes premature suicide, but supporters call that comparison inappropriate because it applies to mentally sound, terminally ill people — not those who are depressed or impaired.

THE ASSOCIATED PRESS

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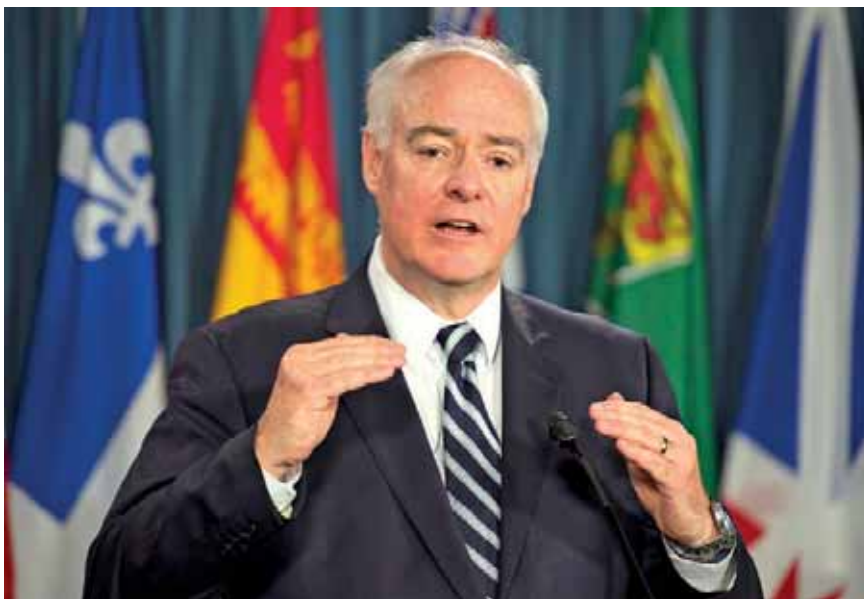
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Perrin Beatty, president and CEO of the Canadian Chamber of Commerce, speaks about the Pacific Rim trading bloc pact at a news conference in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

Biggest trade zone awaits

TRANS-PACIFIC PARTNERSHIP

Tentative deal reached after marathon negotiations

Twelve nations, including Canada, have reached a tentative deal on a massive Pacific Rim trading bloc billed as the largest-ever deal of its kind, with implications for a staggering scope of industries, workers and for long-term international relations between countries on four continents.

After five days of marathon, around-the-clock negotiations, a deal was announced Monday to create the Trans-Pacific Partnership, and participants predicted it would become the building block for future deals.

Who's in it? Brunei, Chile, New Zealand and Singapore start-

ed the project years ago. The United States, Canada, Mexico, Japan, Vietnam, Australia, Peru and Malaysia are now joining, bringing the membership to 12 countries. More have expressed interest in entering later, including Colombia, Thailand and South Korea.

How big is it? It's the biggest trade zone in the world, spanning four continents and representing 40 per cent of the world's economy — a far higher share than the European Union.

What does it do? It reduces or eliminates barriers on a staggering array of Canadian exports to several countries, most notably Japan. This applies to everything from machines to canola, beef and pork, minerals, forestry products and seafood. It allows up to 3.25 per cent more foreign dairy into Canada. It allows more

foreign car parts into North America without tariffs. It also creates new rules for the digital economy, such as restricting governments' right to shut off data flows.

Why does it matter? This brings the economies of a fast-developing region into the American sphere of influence. It sets new trade standards in China's backyard. It sets precedents for future agreements, including any involving China and its state-owned enterprises. It increases trade and establishes unique rules for the 21st-century, cloud-computing digital economy.

Is it a done deal? No. It still needs to be ratified in national parliaments, including Canada's, once the federal election is over. A vote is expected early next year in the U.S. Congress, and it could prove difficult.

THE CANADIAN PRESS

IN BRIEF

American Apparel files for bankruptcy protection

American Apparel is filing for Chapter 11 bankruptcy protection, almost two years after it ousted founder Dov Charney, who is suing the company for defamation. American Apparel has lost money every year since 2010.

THE ASSOCIATED PRESS

Greece getting more cash, top eurozone official says

Jeroen Dijsselbloem, the eurozone's top official, says he expects the Greek government to get 2 billion euros (\$2.1 billion US) worth of bailout cash by the middle of October if it implements the next set of "milestones" in its bailout deal.

THE ASSOCIATED PRESS

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EMMA TEITEL: ON ELECTION TALK AT THE TABLE

Perhaps Canadians are more inclined to talk politics where they normally wouldn't ... because it's suddenly dawned on them that the only constant in their lives besides bad weather is Stephen Harper.

Elite Singles — a dating website that sounds like it was designed specifically for Stephen Harper's top staffers — recently tried to determine whether it's taboo to discuss politics on a first date.

In order to do this, the website conducted a survey of 500 single people of different nationalities from around the world. The result was 65 per cent said they'd "be happy to discuss politics on a first date." But more than any other nationality surveyed, Canadians were the least resistant to the idea. According to the study, "not one Canadian single thought political chat should be off the table" on a first date.

This result is refreshing for two reasons. The first is that it helps dispel the popular myth that we are a rigidly non-confrontational people; Canadians might be unfailingly polite, but politeness does not equal timidity in the face of conflict. The second is that it might suggest our nation's bent towards political apathy — especially among youth — is changing. And it's about time it did.

The Conservatives have been in office for nine years, which, no matter a government's political leaning or record, is an uncomfortably long time. Harper won his first term in 2006, the year Hannah Montana began airing on the Disney Channel, and he won again, most re-

Canadians might be unfailingly polite, but politeness does not equal timidity in the face of conflict.

cently, in 2011, the year Hannah Montana was cancelled (its leading lady, Miley Cyrus, having embarked on a perilous quest to find herself). In other words, our prime minister has been around so long, he has served through every stage of Cyrus' metamorphosis, from Disney princess to briefly engaged rom-com actress to (most recently)



CHANGING TUNE The mood is different this election, and engagement is greater — for proof, look no further than the rise in earnest protest songs by bands like Hey Rosetta!, which people seem to be taking seriously, writes Emma Teitel.

ARTHUR MOLA / THE ASSOCIATED PRESS

gating dreadlocked weirdo.

Perhaps Canadians are more inclined to talk politics where they normally wouldn't, not because they're more civic-minded than other nationalities but because it has suddenly dawned on them that the only constant in their lives besides bad weather is Stephen Harper. It's unnerving when the world around you changes but the guy in charge doesn't.

Harper was never popular with non-Conservatives or young people, who tend to reject conservative values no matter who is spouting them. But he wasn't always markedly hated the way he is now. Anecdotal, I have seen my Facebook newsfeed

go from a mostly apolitical forum — cat videos, party invitations, recaps of Breaking Bad — to a stridently partisan and dogmatic one. Friends I know who couldn't tell the difference between Michael Ignatieff and Jack Layton in 2011 are now posting daily tributes to Thomas Mulcair in the lead-up to the federal election.

The mood is different this time around, and there is no stronger proof, I would argue, of newfound Canadian political fervour than the recent uptick in painfully earnest protest songs. In September, Canadian country-rock band Blue Rodeo released *Stealin' All My Dreams*, a staunchly anti-Harper song about, among other things, the government's record on the environment: "Your pipeline will spill its disease/you shut down all the research libraries/and you muzzled all the white coats in your laboratories/then you set your sites on the CBC." And this week Canadian indie bands Hey Rosetta! and Yukon Blonde released the considerably

more mellow anti-Harper ditty, *Land You Love*: "When I was a child/I sang the anthem with pride/it stood for justice, peace and human rights/It stood for the holy rolling hills and a home for all walks of life/and I must again, for my children, and theirs."

As far as traditional protest songs go, neither one is *The Times They Are A-Changin'*, but the songs' popularity (both of them trended on social media alongside news about Selena Gomez, NFL football and Kim Kardashian) indicates they weren't composed in vain. Nor were they the subject of widespread mockery and derision, as so many things are these days.

It seems in addition to politics at the first-date dinner table, we might have developed an appetite for political earnestness, too. The question is: have we developed an appetite for voting? In 2011, less than 40 per cent of eligible 18- to 24-year-olds voted in the federal election, a pretty dismal turnout, even compared to the unexceptional overall average of 61 per cent.

So while we may talk — or sing — up a storm over dinner, the word is still out on who will be serving in the prime minister's office during the next unsettling phase of Miley Cyrus' inevitable metamorphosis.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.



metroview

You can work, pay taxes and drive a car at 16. Why not vote?



Miriam Porter
For Metro

Elections Canada is sorry they missed me. I came home to a brochure in my door saying that as a Canadian citizen at least 18 years old on election day, I am eligible to vote.

But my son, reading over my shoulder, asks longingly, "Can I vote yet?" He often tells me who he would vote (and not vote) for and why, based on issues we discuss. He's passionate and he knows his stuff. He's nine.

Democracy is a government by the people. Does this mean you are only a person if you are over 18? There are children in Canada who would love to be heard and cast a ballot on Oct. 19. Some even know more about the election and the candidates than adults. But if you are under 18, your voice doesn't count. This should change.

No, I am not suggesting toddlers holding sippy cups mark their ballots on election day with bright chunky crayons. Let's take baby steps and start by lowering the voting age to 16.

In our home and native land, if you are 16 you can drive a car. Driving is a huge responsibility that requires patience, confidence, intel-

Some children know more about the election and candidates than adults.

ligence, skill, studying and preparation. Sixteen-year-olds get behind the wheel of 4,000 pounds of metal to drive on our city streets. We are next to them daily as pedestrians and drivers and we trust their judgments. Yet they can't decide who will be prime minister.

Know what else you can do at 16? You can work at a job for money and pay taxes to the government.

What? You mean these working kids are paying into the very institution they do not have a say in? Does that sound right to you? When I was 12, I worked at a library and paid taxes. But my voice didn't count for another six years.

By not listening, and not taking them seriously, adults in power are oppressing children. Children under 18 are told they must follow certain rules. They are told what to do, how to do it and when it should be done. The education system is a perfect example of this.

But children have a voice too, and you may be surprised at what they have to say. We as adults can be their allies and listen to them.

There are issues in this upcoming election that affect all citizens, not just those over 18. Perhaps it's time to consider what young people want, especially in matters that directly affect their lives. Then we will have a more democratic society.

Miriam Porter is a Toronto-based writer who covers travel, parenting and social justice. She tweets at @MiriamRiverP.

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I HAVE NOTHING TO SAY AND I AM SAYING IT AND THAT IS POETRY





Freedom to be your own man

BOOKS

Father learns from son that expectations can do harm

Dean Lisk
Metro | Canada

It wasn't so much a wedge that drove Kevin Newman and his son, Alex, further apart. It was a basketball hoop. Set in concrete in the backyard of their New Jersey home, it became a permanent symbol of how alienated they had become in their relationship.

"To me, it was making sure that the annoying thing that happens with basketball hoops — that wobble — wasn't a problem," remembers the former Global News anchorman. "But the cement became an allegory to Alex."

Misinterpretations are at the heart of *All Out*, a new book co-authored by the Newmans about their troubled father-son relationship and how they became closer because of their differences.

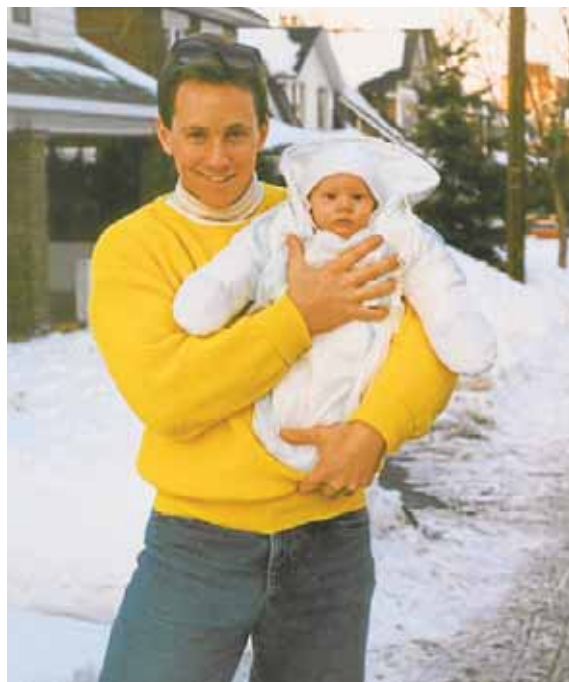
It chronicles the rise of Kevin's news career in Canada and the U.S. while trying to be one of those emotionally present '90s dads. It also tells the story of Alex, now a successful art director in Toronto, but who, as a teen, struggled in isolation with his sexuality while manoeuvring the bullies at school and the expectations of his father at home.

"Fathers and sons are extremely complicated, but they don't really open up about it," said Alex.

"Every relationship is a little bit different, but I think when people read the book they're going to put themselves in our shoes and allow themselves to understand the complexity of that relationship. Because, until now, we haven't come across something that talks about the complexity of this."

It was their editor at Random House Canada, Kate Filion, who suggested both men write their chapters in isolation to prevent them from influencing each other's memories.

She kept an eye on the storyline, making sure both their recollections intersected, but it wasn't until the book was finished that Alex and Kevin read what the other had written.



Top left: Kevin holding his newborn son Alex circa 1987 in Ottawa. Bottom: Kevin and Alex at the 1998 shuttle launch at Cape Canaveral. Right: father and son today. FAMILY PHOTOS CONTRIBUTED; CURRENT PHOTO OF THE NEWMANS BY LIZ BEDDALL



I would attempt these things as a kid and fall apart... (Alex) knew himself better at his age than I did when I was his age.

Kevin Newman

ished that Alex and Kevin read what the other had written.

"My parents were learning things. I was learning things. It was quite emotional," said Alex. He recorded on his phone the moment his parents first read his chapters.

Kevin describes it as a "stunned" moment, when he and his wife Cathy realized the degree of emotional suffering their son experienced. He was

being bullied at school and felt isolated, without ever telling his parents.

"There was stuff that happened that we had no idea about," said Kevin.

The book is revealing in other ways. Both men are very much alike. Both grew up around strong female role models, having a preference for the arts instead of sports, and were teased at school



for it. Both were also going through an identity crisis at exactly the same time.

The co-host of *Good Morning America*, Kevin was told he needed to seem more masculine, more likable. He was told his hair needed to be a certain way, his eyelashes were dyed so they would pop beneath his glasses and he was sent to a personal trainer.

He was billed as the "quarterback," tasked with leading the *Good Morning America* team to first place in the morning news business.

"Network television news tries to push you into conformity and question who you are, and almost tries to cre-

ate a plastic persona that is recognizable to focus groups, but runs the danger of being unrecognizable to yourself."

At home, the elder Newman was also placing pressure on his son to change his image — and perhaps become someone less a target for bullies. He bought him Sum 41, Dave Matthews Band and Creed CDs to influence his taste in music, took him on father-son bonding trips and installed that basketball net.

"You went through those struggles as a young person and tried to stop me from going through those same situations," Alex said to his dad during our interview. "At the



REAL MEN

Masculinity exists on a spectrum

A large theme in *All Out* is the concept of masculinity and what makes a man a man. Alex writes that as a child he was confused about his own sexuality because the only definition he had for being gay was the effeminate stereotype he saw in popular culture.

"Growing up I didn't have that model to understand masculinity has a range," he said. "Gay people aren't all one certain way or another. That it really is a spectrum. I don't think many kids can understand the complexity of that, and even some adults struggle with it."

"It was the same for me," said Kevin. "When I was in high school I wasn't on the football team, I was on student council. I was a victim of the name-calling that goes on in high school among boys. But the great revelation to me about masculinity is that it has nothing to do with sexuality. That you can be a man's man regardless of sexuality."



same time, I was stubborn and wanted to alienate myself from those situations."

"He was always a puzzle to me," answered Kevin. "I would attempt these things as a kid and fall apart and beat myself up and hate myself that I wasn't who my father wanted me to be."

"That was not Alex's case. Alex was, 'No, I am fine not being this and back off.' It just turned out he knew himself better at his age than I did when I was his age."

The key to developing a strong and healthy father-son relationship, Kevin said, is to realize your son is also a man.

"When they reach the age of emotional vulnerability, stop trying to be their hero. I think if Alex had known me better — the whole me better — we might not have been through a period of testing for as long as it lasted."

Addicted to exercise

ISTOCK

WARNING SIGNS

Answer true or false on whether the following are signs of fitness addiction:

Body weight drops below what's considered healthy for fitness level.

True. Everyone's calorie baseline differs, but if you're not consuming enough or if you're over-exercising, your body starts to break down muscle.

Someone can't stop exercising, even after injury.

True. Whether it's a formal diagnosis or just a pulled muscle at home, continuing to exercise in the face of an injury isn't healthy.

Someone training heavily for an upcoming marathon or competition.

False. Experts say exercise addiction typically doesn't apply to people training for sporting events, like marathons or the Olympics.

Someone is skipping work or social events to exercise.

True. People with exercise addiction often put fitness above family, friends and their career — to the point of missing obligations.

TRUE OR FALSE?
Someone who can't stop exercising, even after being injured, may be addicted.

Someone is being open and honest about their exercise plans.

False. The real red flag, according to experts, is when people are lying to family and friends about how much they're exercising.

MENTAL HEALTH

Extreme workouts may signal bigger problems

Jenn Hicks was lying to her husband.

It would happen fairly often: Hicks would wake up in the middle of the night and tell Paul she couldn't sleep, that she needed to read for a while at an all-night coffee shop near the couple's home.

Then she'd slip away into the night.

But Hicks wasn't going to a coffee shop or having an affair. Instead, the Toronto speech-language pathologist was feeding her constant craving for exercise.

Running. Cycling. Weightlifting. Anything, Hicks says, to



Jenn Hicks at the height of her exercise addiction, and today, teaching Nia dance. CONTRIBUTED/ VINCE TALOTTA/TORSTAR NEWS SERVICE



satisfy her growing addiction.

"I would do it in the middle of the night," says Hicks, now 42. "Definitely before work, at lunch, after work, and it would be the entire evening."

Back in 2003, Hicks first developed an addiction to exercise — a compulsion that, while not a formal clinical diagnosis, is definitely recognized by members of the medical community. It can

happen on its own, or alongside an eating disorder or mental illness, experts say.

For Hicks, there was no clear trigger. She was 30 at the time and had been working in speech-language pathology for five years.

But she was dealing with anxiety, she says, and began exercising more often — which caused her to lose weight "magically."

"It was positive reinforcement

that I should just continue, until it got to the point where I wasn't thinking realistically," Hicks says.

Over the next few years, Hicks joined numerous sports teams and started dragonboating. She'd tell Paul she was doing laundry in the basement — and would be doing ab exercises instead. If friends wanted to get together, she'd insist on exercising with them. While pushing her 5'5" frame to its limits, Hicks also wasn't eating properly — she'd been diagnosed with anorexia in 2003 — and eventually dropped to less than 100 pounds.

Other health impacts started to creep up, too. Hicks' doctor sent her for echocardiograms — sonograms of her heart — because it wasn't functioning properly. At the same time, she recalls her electrolytes and liver enzymes being "out of whack."

Hicks resolved to get better. She'd been seeing her family doctor and a therapist the whole

time — and attending support groups at Sheena's Place, an eating disorders centre in Toronto — but says it was something she had to overcome on her own.

So, at the end of the year, Hicks sold her car and travelled to India. Paul came with her for four weeks, then she stayed for another month on her own — a much-needed escape.

When she returned to Toronto, Hicks was finally diagnosed with bipolar disorder. She also began training as a dance teacher in the Nia style, which focuses on sensing and respecting your body. At first, Hicks says it was a covert way for her to maintain her addiction in a seemingly healthy way.

"The universe had something else in store for me," she adds. "I guess I had to practise what I was preaching."

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THIS WEEK: Preventing Dental Emergencies

ASK THE EXPERTS

It starts from a good place

Exercise addiction isn't a formal diagnosis, but it is something medical experts say that they are witnessing.

To understand how it works, we talked to Dr. Valerie Taylor, psychiatrist-in-chief at Women's College Hospital.

How does someone become addicted to working out?

Often it comes from the best possible place: It's an attempt to become healthy. People get a lot of positive feedback from the fact that they're starting to lose weight, and they become

obsessed with that, and fearful of gaining weight — and they become addicted. There's a high or euphoria from exercise.

What does it look like?

Suddenly, they're not doing other things they should be doing, like attending classes or being productive at work. They're missing social engagements and obligations, and they're physically exhausted and unable to focus at work. Or they continue to exercise despite the fact that it's unhealthy for them — like if they're injured

themselves and still can't take a break.

Is it easy to diagnose?

Doctors pick it up as a consequence of the issues that stem from it, like losing weight. There's no such thing as a psychiatric diagnosis of over-exercising. That is not a known illness. The only time it becomes a psychiatric diagnosis is when it's part of anorexia nervosa, but there are clearly people who over-exercise, and it becomes problematic.

TORSTAR NEWS SERVICE

When you're at a place called vertigo

MOVIES

Here's how to avoid nausea during films like *The Walk*

Eva Kis

Metro | New York



One of this month's best new movies is also making people sick. The Walk, about French daredevil Philippe Petit's high-wire crossing between the World Trade Center towers in 1974, is proving too intense for some moviegoers.

After a festival screening in New York, men were throwing up in the theatre's bathroom. Another patron, Percival Arguero

Mendoza, told the New York Post, "It felt very real. I felt a knot in my stomach. It's like my head was reeling but I was not dizzy."

There are several reasons that people could be getting sick.

Vertigo is a medical condition that describes a deficiency in the body's motion-sensing system that sends mixed or insufficient signals to the brain, causing dizziness and nausea.

The shots panning up the towers as well as looking down as Joseph Gordon-Levitt walks the wire can trigger the same mismatch in what the eyes see but the body doesn't feel, as happens in motion sickness.

Fear of heights and falling can trigger similar symptoms as well; seeing the film in 3D adds another complication because the eyes' natural focal point is tricked to create the visual effects.

Instead of skipping the movie,

try these tips to cope with it:

- Like dancers who have to spin around, it helps to pick a point and focus on it. If you're feeling dizzy, look away from the screen toward an exit sign or the back of another person's head.

- Pick a seat toward the middle or back of the theatre. Having the screen directly in front of you instead of looking up is more comfortable for your eyes.

- If you feel unwell, don't take off your 3D glasses. It'll just confuse your eyes further. Instead, close your eyes and focus on your breath to calm down.

- Get your eyes checked — vision problems like uneven eyesight and astigmatism can make you more likely to get headaches and feel sick during 3D movies.



People are reporting dizziness and nausea after watching scenes from Joseph Gordon-Levitt's new film *The Walk*. CONTRIBUTED

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BOOK BRIEFS

Giller Prize finalists revealed

The Scotiabank Giller Prize's short list was heralded as "eclectic and vibrant" on Monday as five finalists emerged.

Finalists for the \$100,000 prize for fiction included Toronto author Andre Alexis for *Fifteen Dogs* (Coach House Books); Montreal's Heather O'Neill for the story collection *Daydreams of Angels* (HarperCollins Publishers Ltd.) and Vancouver-based Anakana Schofield for *Martin John* (A John Metcalf Book, an imprint of Biblioasis).

The list is rounded out by Montreal's Samuel Archibald for the story collection *Arvida*, translated by Donald Winkler (Biblioasis), and London-based Rachel Cusk for *Outline* (Harper Perennial, an imprint of HarperCollins Publishers Ltd.).

THE CANADIAN PRESS



Shorter men have fewer sex partners than average height and tall men, according to a recent study. ISTOCK

RESEARCH

Tall men have more sex

Men of average to tall stature have one to three times more sexual partners than smaller men, according to an American study that also found weight to be a factor.

Researchers at Chapman University in California studied whether or not height and body mass index played a role in the number of sexual partners men and women had during the course of their lives.

In a study of 60,058 heterosexual volunteers, of which 52 per cent were male and 48 per cent female and average age was 37, the researchers took into account criteria for height, education level, age and BMI as key indicators in the personal sexual history of each participant.

The results, published Sept. 30 in the journal of *Evolutionary Psychology*, indicated that participants aged 30 to 44 had,

on average, eight partners since being sexually active. Of the participants, 58 per cent of men and 56 per cent of women indicated having had more than five whereas 29 per cent of men and 23 per cent of women indicated having more than 14 partners. Shorter men reported a minimum of five sexual partners. In contrast, medium-height to tall men declared one to three times more partners than their shorter counterparts.

“

These findings confirm that height is relevant on the mating market.

Study lead author
Dr. David Frederick

“These findings confirm that height is relevant on the mating market,” said David Frederick, lead author on the study.

Despite this, the researcher has no clear scientific explanation to explain the link, if not for the observation that women are often attracted to men who are relatively taller than they are.

Regarding weight, the researchers noticed that men who find themselves in the middle of the BMI scale have the most sexual partners.

Normal-weight and overweight participants reported a higher number of partners than those with a low BMI.

Men with larger frames, who are perceived as more powerful and generally more athletic, report more sexual partners than other men, according to Dr. Frederick.

AFF

Decisions lie ahead of Jays

MLB PLAYOFFS

Few roster spots appear unsettled for division series

Since late July the Toronto Blue Jays have shown they can dominate regular-season baseball, going 43-18 down the stretch.

With the post-season here, it's on the management and coaching staff to construct a 25-man roster that they hope can win three games out of five in their American League Division Series, then four out of seven the rest of the way.

At least 21 spots are accounted for among the starting rotation, bullpen, lineup and key contributors off the bench. Before Game 1 of the ALDS against the Texas Rangers, the Blue Jays have to finalize the last few and beyond that decide on their order of pitchers.

"We have the bulk of it set, just some areas, bench, the last few spots in the 'pen, things like that," general manager Alex Anthopoulos said Saturday in St. Petersburg, Fla. "Only 25 guys can come with us, or at least can be active, so you're going to have discussions."

Anthopoulos said the Blue Jays would likely go with a seven-man bullpen, which, with a four-man rotation, gives them 14 hitters. Assuming utility infielder Cliff Pennington makes it because of his versatility in the field and as a switch-hitter, that leaves two more spots.

Outfielder Ezequiel Carrera



Infielder Munenori Kawasaki is among the players who are on the bubble to make the Blue Jays' 25-man roster for their American League Division series against the Rangers. ROB CARR/GETTY IMAGES

appeared in 90 regular-season games and Anthopoulos said he could be used as a pinch-hitter or pinch-runner. He's a good bet along with outfielder Dalton Pompey, who like the Kansas City Royals' Jerome Dyson last season could be a special specialist.

"We've got a guy like Dalton here who's done a good job with speed, trying to steal a base for us," Anthopoulos said.

Other long shots include infielder Munenori Kawasaki, who can also pinch-run, or even

+ ATTENDANCE

Strong draw at the Dome, but poor on the road

The Blue Jays drew 2.79 million fans at the Rogers Centre this year, good for fourth in the AL and eighth in the majors, and averaged 34,504 fans a game. The Jays, however, along with the Royals were the lowest road draws in the majors in 2015.

power first baseman Matt Hague, who provides a right-handed bat.

In the bullpen, there are six locks: closer Roberto Osuna, right-handers Aaron Sanchez, LaTroy Hawkins, Mark Lowe and Liam Hendriks and left-hander Brett Cecil. The final job appears to be between righty Ryan Tepera and lefty Aaron Loup, though starter Drew Hutchison might have a chance as a long reliever.

Loup would give the Blue Jays a second lefty, which could be useful in certain situations late

in games. But Anthopoulos isn't concerned if Toronto goes in with just Cecil, partially because Loup has hit so many left-handed batters.

"We have guys like LaTroy Hawkins who's been pretty good against left-handers as well," Anthopoulos said. "More so than right/left, it's who has had more success against what side. If we feel we have seven guys that are all right-handers, but (if) we feel they can get left-handers out, we'll go with that."

IN BRIEF

Nationals fire Williams

Manager Matt Williams was fired by the Washington Nationals on Monday after a season in which the team went from World Series favourite to failing to make the playoffs.

The club announced the move a day after finishing the regular season barely above .500 at 83-79, second to the New York Mets in the NL East.

Williams is gone after only two seasons in his first job as a skipper in the majors. Last year, he was voted NL Manager of the Year after the Nationals finished with the best record in the league.



Matt Williams
GETTY IMAGES

Philbin out, Campbell in as head coach of Dolphins

Joe Philbin was fired Monday four games into his fourth season as coach of the Miami Dolphins, and one day after a flop on an international stage that helped to seal his fate.

Tight ends coach Dan Campbell was promoted to interim coach. He has no previous head coaching experience.

The Dolphins (1-3) lost their third game in a row Sunday in London, beaten by the New York Jets, 27-14.


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5

1 Still waitin' for clutch Clayton

Clayton Kershaw has been the game's best pitcher in recent regular seasons, but has struggled mightily thereafter.

The Dodgers ace is 1-5 with a 5.12 ERA in 11 career playoff appearances (three in relief). The three-time Cy Young winner faces the Mets in the NL Division Series, a team against whom he posted an 0.56 ERA in two starts this season.



Clayton Kershaw
GETTY IMAGES

MLB PLAYOFF PLOT LINES TO WATCH

Big stars, familiar faces and top rookies fill the rosters of the 10 teams that reached the post-season. Here are some of the themes for October and beyond:



2 Another shot for the North Side

Could this be the year the century-plus title drought ends on the North Side of Chicago? The Cubs last won the World Series in 1908 and they haven't reached the World Series since 1945, two years before baseball's championship was televised for the first time. But with Kris Bryant and Jake Arrieta, hopes are high at Wrigley Field.

4 New faces of fall

Jose Bautista is a home run champ, Jose Altuve is a hit machine and Jake Arrieta is the top winner in the majors. They'll put something else on their resumes this week — their first post-season appearances.

Altuve and Astros rookie teammate Carlos Correa, Arrieta and Cubs sluggers Anthony Rizzo and Kris Bryant, young Mets aces Matt Harvey, Jacob deGrom and Noah Syndergaard, Yankees star Masahiro Tanaka and Dodgers newcomer Corey Seager are set to make their playoff debuts.

Jose Altuve
GETTY IMAGES

5 Tale of two A-Rods

Written off by many during his one-season drug suspension, Alex Rodriguez returned this year and carried the Yankees early. He hit .250 with 33 homers and 86 RBIs as New York's DH. He reached 3,000 hits and settled a dispute with the team over a multimillion payment. But around the time he turned 40, he tailed off badly hitting .216 after the All-Star break and driving in just three runs in his final 18 games. **The Associated Press**



Alex Rodriguez
GETTY IMAGES

YANKEES

Sabathia checks into rehab

Yankees pitcher CC Sabathia is checking into an alcohol rehabilitation centre and will miss the post-season.

The team issued a statement from the pitcher Monday, a day before New York plays Houston in the AL wild-card game.

Sabathia, the 2007 AL Young Award winner, said he took the step to receive the care he needs and become the kind of person "I can be proud of."

"I love baseball and I love my teammates like brothers, and I am also fully aware that I am

leaving at a time when we should all be coming together for one last push toward the World Series," he said. "It hurts me deeply to do this now, but I owe it to myself and to my family to get myself right."

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NHL Torres' head shots earn him 41-game ban

The NHL handed out one of its longest suspensions for on-ice conduct in league history by banning San Jose Sharks forward Raffi Torres 41 games for an illegal hit to the head of Anaheim Ducks forward Jakob Silfverberg.

Torres is one of the worst head-shot offenders in recent years, since the Department of Player Safety began cracking down on them. It's the fifth suspension for Torres. He has also been fined three times and warned twice



Raffi Torres
GETTY IMAGES

in 703 games, according to director of player safety Patrick Burke, who narrated the suspension video. Torres had already been suspended for hits to the head of Jordan Eberle (April 2011), Nate Prosser (December 2011), Marian Hossa (April 2012) and Jarret Stoll (2013).

Silfverberg was his latest vic-

tim when Torres lined up the Swede during Saturday night's pre-season game and drove his left shoulder upwards into his head. Silfverberg left for precautionary reasons but was considered OK. Torres was almost a full second late on the hit after Silfverberg was stripped of the puck. He will forfeit \$440,860.29 US in salary as a result of the suspension.

This suspension is 11 games longer than the one given to

Chris Simon in 2007 for stomping on the ankle of Jarkko Ruutu. Torres's previous high was 25 games for the hit on Hossa in the 2012 playoffs.

Torres's suspension flies in the face of a positive trend for the NHL. Suspensions were down 49 per cent last season from 2011-12, the first year Brendan Shanahan was in charge of the Department of Player Safety. Stephane Quintal is now department head.

THE CANADIAN PRESS



Henry Burris dismantled the Alouettes in record-breaking style last Thursday in Ottawa. SEAN KILPATRICK/THE CANADIAN PRESS

Argos in Redblacks' crosshairs

CFL

Burris wants score settled in well-executed, not rash fashion

The Ottawa Redblacks are looking to settle the score with the Toronto Argonauts.

The Argos (7-5) have beat the Redblacks (8-5) twice this year heading into their final regular-season meeting Tuesday night.

The game was originally scheduled to be played in Toronto, but was relocated to TD Place to avert a potential scheduling conflict at Rogers Centre due to the Major League Baseball playoffs.

The latest loss to Toronto should still be fresh in the minds of Ottawa's players. The Argos defeated the Redblacks at TD Place 35-26 on Sept. 26.

Tuesday night's game caps an intense stretch for Ottawa, which will play its third contest in 11 days. But a victory would give the Redblacks sole possession of top spot in the East Division while the Argos could create a three-way tie for first with the win.

"Last time we played these guys we got caught up in the whole myth of revenge and all those things that really have nothing to do with the game," said veteran Ottawa quarterback Henry Burris. "Our focus this week has just been on execution. The thing we need to do is just come out and execute our game plan and stop with the stupid penalties."

Burris is coming off a record-setting performance in Ottawa's 39-17 win over the Montreal Alouettes on Thursday. He had a league-record 45 completions in 53 pass attempts for 504 yards and two TDs as the Redblacks moved into a first-place tie with the Hamilton Tiger-Cats (8-5).

It's been an amazing transformation for Ottawa, which was 2-11 at this time last year en route to finishing with a 2-16 record in its return to the CFL. But head coach Rick Campbell said the Redblacks aren't content with their improved record.

“

The thing we need to do is just come out and execute our game plan and stop with the stupid penalties.


Ottawa QB Henry Burris

"Really this is a new team and a new year," said Campbell. "I don't think anyone even talks about last year or dwells on it and we really don't compare ourselves to last year."

"We're moving forward, we're not satisfied with where we're at and we're going to try to keep winning as many games as we can."

While Ottawa is coming in off an impressive win, Toronto will have the benefit of rest. The Argos haven't played since last month's win over the Redblacks.


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RECIPE Salmon Parcels



PHOTO: MAMA VISENTEL

Ceri Marsh & Laura Keogh
For Metro Canada



Dinner's all wrapped up with these healthy fish and veggie parcels.

Ready in
Prep time: 25 minutes
Serves 2

Ingredients

- 1 Tbsp sesame oil
- 1 Tbsp rice vinegar
- 1 tsp low sodium soy sauce
- 1 tsp ginger, minced
- 1/2 carrot, cut into matchsticks
- 1 red or yellow pepper, cut into matchsticks
- 1 baby bok choy, white part cut into matchsticks, green part cut into ribbons
- 2 salmon filets
- Parchment paper

Directions

1. Preheat oven to 400 degrees.
2. Whisk together the sauce of

oil, vinegar, soy sauce and minced ginger. Toss your veggies in the sauce.

3. Cut your parchment into two 12-inch by 18-inch squares. Cut the largest heart shapes you can within the squares. Fold it in half down the middle and make a crease.

4. Working on your bake sheet, place the parchment down and put half of your veggies down on one half of the heart. Then place one piece of fish on top of the veggie bed. Now fold the heart closed and fold and pleat the edges until it is sealed. There will be a little bit at the end that you'll have to tuck under. Repeat with your other parchment heart.

5. Bake in the oven for 15 minutes. Remove and slip the parcels right onto a plate and slice open with scissors. Careful! Steam will come out fast so make a small cut first to allow a bit to escape before cutting more.

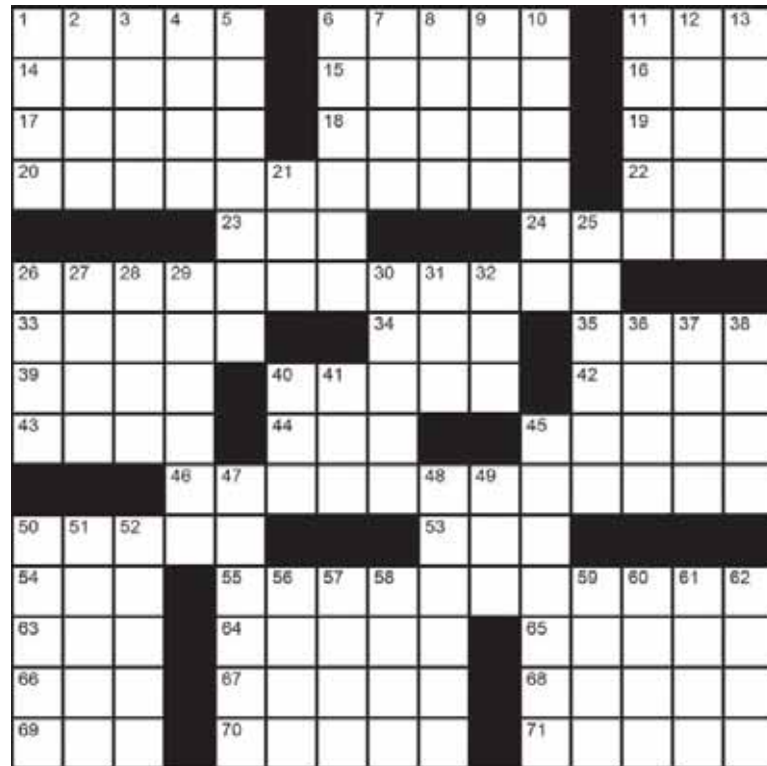
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BY KELLY ANN BUCHANAN

ACROSS

1. 'Court and __': 1974 Joni Mitchell album
6. Makes spiffy
11. 'Ideal' suffix
14. __ of Troy
15. Mann or Osbourne
16. Schuss
17. Lyre-playing Muse
18. Symbols
19. Perfect rating
20. Tied tie type named for British royalty: 2 wds.
22. Tell a tale
23. Old French coin
24. Make corrections
26. Bountiful symbol especially at Thanksgiving: 3 wds.
33. S-shaped mouldings
34. "It's __" (Greenlight giver's verdict)
35. Beseeched
39. Stick in one's __ (Runkle)
40. Was wearing: 2 wds.
42. __-Seltzer
43. Military cap
44. __-defined
45. MC Hammer hit: " __ Touch This"
46. Old fashioned looking door unlockers: 2 wds.
50. Leading letter
53. 1914 to 1918
54. Caustic stuff
55. 1992 Neil Young album: 2 wds.
63. __-pedestal



64. "What's the __ __ trying?" (Why bother?)
65. "I was __ man in Paris..." - Joni Mitchell
66. U.S. broadcasting watchdog
67. Engage in hen-pecking: 2 wds.

68. Ms. O'Donnell
69. Tea: French
70. Capably [abbr.]
71. Whimsical-funny

DOWN

1. Ed Sullivan's pronunciation of the 'really big' one he hosted

2. Ms. Gilpin
3. Mr. Alda
4. Taken back [abbr.]
5. Minoan civilization's ancient city
6. Get into groups of two: 2 wds.
7. Humphrey's role in "Casablanca"

- (1942)
8. Bit of "Burning Up" by Madonna: "...cause __ fire..."
9. Rock Hudson/Doris Day movie, "Send __ Flowers" (1964)
10. Group of six
11. Basket fibre
12. Coil of yarn
13. Extracted the ore
21. Punched cartoon character's reaction!
25. Canadian show, "Wind at __"
26. Farm animal joint
27. Fiend
28. Gather the crops
29. Sort of recent
30. Gravy boat accessory
31. Self-importance
32. Rimouski refusal
36. Wings, to Nero
37. Lettered fashion label
38. Gobbles the Tofurky
40. "Giddy up!"
41. Totally
45. Cancer's rehearsal outfit
47. Big __ (Very important person)
48. Canadian bank note with Queen Elizabeth's image
49. Cringer's cries!
50. Airborne
51. Movies: David or Kelly
52. Harmony
56. CEO's "Quick!"
57. Mil. unit
58. Test tube's pal
59. "Dial __ Murder" (1954)
60. "... __ it seems." (It appears that way)
61. Trompe l'__ (Visual illusion)
62. American portrait artist, Alice __ (b.1900 - d.1984)

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A relationship issue needs dealing with right now. If you leave it even one more day you will find that the window of opportunity will shut for good. If the relationship means anything to you then save it!

Taurus April 21 - May 21
You don't care if what you say offends other people, in fact you like it. Choose your words for maximum impact today — it is the price they pay for avoiding the truth for so long.

Gemini May 22 - June 21
Don't worry about money matters today because there is nothing you can do about them. Instead, visualize your perfect situation. What you imagine today will happen tomorrow.

Cancer June 22 - July 23
There is no point trying to force other people to see things your way. Whatever you suggest they will do the opposite. You could bluff them but, seriously, is it worth the effort?

Leo July 24 - Aug. 23
Try not to panic, especially if your workload is getting too much for you. Today's Sun-Pluto link tends to make you look on the dark side of every situation. Lighten up, nothing bad is going to happen.

Virgo Aug. 24 - Sept. 23
Show others what you can do but don't for a moment think that you are in some way obligated to perform for their delight. If anything they should be putting on a show for you.

Libra Sept. 24 - Oct. 23
Don't go too far today because your efforts to make a name for yourself could cause problems. You don't have to keep a low profile but you do have to do everything by the book.

Scorpio Oct. 24 - Nov. 22
You will be able to predict what others are going to do before they know it themselves. You can and you must make use of that ability.

Sagittarius Nov. 23 - Dec. 21
Your confidence may be a bit low at the moment but that does not mean you should withdraw from the world. On the contrary, you need to get yourself back into the fray and show those who doubt you that you never give in.

Capricorn Dec. 22 - Jan. 20
Be on your guard if someone promises you something for nothing today. The planets warn that their generosity is not all it seems. You will be expected to do something for them in return — and it could cost you.

Aquarius Jan. 21 - Feb. 19
The harder you work the more there seems still to be done. Slow down a bit. Whatever deadlines you are working under are unnecessary and should be ignored.

Pisces Feb. 20 - March 20
Don't worry too much about the details of what you are doing. Commit yourself to it and have confidence that it will come right in the end. Just don't lose sight of the big picture.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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